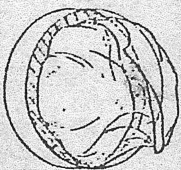


PUT AN OVEN IN YOUR PACK!

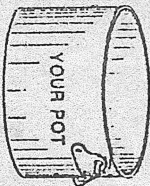
BakePacker® STANDARD

MADE IN U.S.A.



BakePacker Standard

7 3/8" dia. Fits 7 1/2"-8" dia. cook-pot. BakePacker Standard used with larger than 8" dia. cook-pots results in excessive heat loss and cooking times will be extended. Bakes up to 3 cup dry mix. Wt. 8 oz. Serves 3-4



A BakePacker accessory provides an amazing way to bake. Everything cooks in a food safe plastic storage bag (GLAD®) or oven-cooking bag (Reynolds®)!

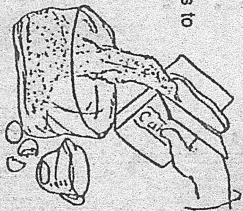
YOU WILL NEVER SCRUB YOUR COOK-POT AGAIN!

You can prepare...

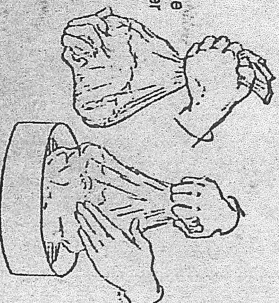
Cake
Corn bread
Rice dishes
Freeze-Dried Foods
Vegetables
Omelets
Stew & Biscuits
Fish
Pizza
and much more!

EASY STEPS:

1. Add ingredients to plastic bag.



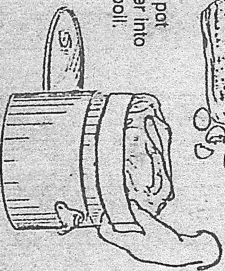
2. Mix in bag by squeezing. Arrange bag on BakePacker grid and loosely close bag.



4. After baking, remove bag, serve and enjoy!



3. Add 1" water to pot. Place BakePacker into pot. Cover and boil.



BakePacker is not a steamer! BakePacker's unique design makes it possible to use boiling water temperatures to bake foods inside a plastic bag.

No Mess! No Clean-up!

BakePacker®

For reprints of recipe booklet, specify BakePacker size and send \$2.00 to: Strike 2 Industries, Inc. E. 508 Augusta Ave., Spokane, WA 99207 U.S.A. (509) 484-3701

U.S. PATENT NO. 4,793,324
CANADIAN PATENT NO. 1804,296

Recipe Book!

BakePacker®

STANDARD

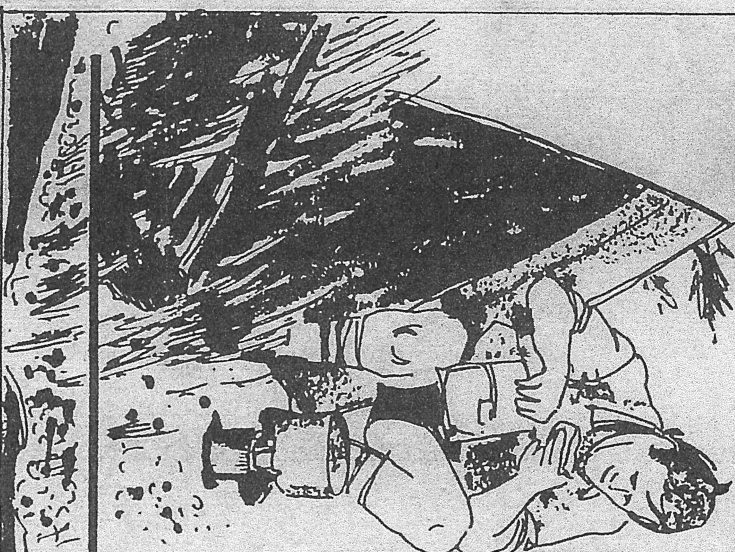
Cook-Pot Accessory
Instructions and Recipes
A Great Way To Cook!

YOU WILL NEVER SCRUB YOUR COOK-POT AGAIN

BAKE IN A FOOD
STORAGE BAG OR
ROASTING BAG.

NO MESS!
NO CLEAN-UP!

Baked goods in the woods!



BakePacker...providing the greatest assistance
to outdoor chefs.

BakePacker® Standard 7 3/8" dia. — Fits 7 1/2"-8" dia. cook-pot.

RULES OF THUMB:

BakePacker Standard

Rule 1 — BAKING TIMES FOR QUICKBREADS

IMPORTANT:

The closer the fit of BakePacker inside your cook-pot (diameter) the better. Using BakePacker in a cook-pot that leaves a lot of space around the perimeter of the BakePacker will result in heat loss and extended cooking times.

¾ Cup dry mix — 8-10 minutes baking time. 3 minutes standing time. Serves 1-2.

1½ Cup dry mix — 15-18 minutes baking time. 5 minutes standing time. Serves 2-3.

3 Cup dry mix — 22-26 minutes baking time. 5 minutes standing time. Serves 4-6.

ADD 3 TO 5 MINUTES TO BAKING TIME IF RAISINS, BERRIES, FRUIT OR NUTS ARE ADDED.

Rule 2 — LIQUID CONTENT

You will use less liquid in BakePacker baking because the baked product loses no moisture during cooking. The recipes in this book using dry prepackaged mixes have allowed for this liquid reduction and should not be altered. Generally, you should reduce liquids about 25%.

CAKE — BakePacker Standard

There are three rules when using commercial cake mixes (Duncan Hines, Betty Crocker, Pillsbury, etc.)

Rule 1 — Forget the instructions on the box. They are too complicated for the wilderness.

Rule 2 — The basic mix is 2 Cups cake mix and 2 T powdered egg plus 1 Cup of water. After mixing, boil/bake 20 minutes (at sea level). A fresh egg can be used in place of powder.

Rule 3 — For every 2000 ft. of elevation gain, add 1 minute to cooking time.

Practice with your favorite cake mix at home on your kitchen range. You may have to adjust the water. Remember the BakePacker will not bake Brownies or fudge cakes...too much shortening in these mixes.

Simple frosting suggestion: To ½ Cup powdered sugar add 1½ to 2 tsp. water plus a few drops of extract (vanilla, lemon, almond, rum, etc.) This can be mixed inside a little sandwich plastic bag and drizzled over baked cake.

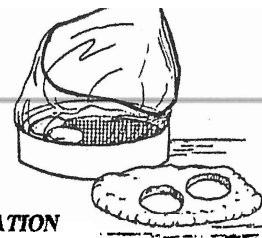
DINNER BISCUIT

2¼ C Biscuit mix (Bisquick or Krusteaz) plus water, milk or buttermilk per package instructions (¾ C). Add all ingredients to bag. Mix/knead thoroughly. Boil/Bake 20 minutes. Remove from heat. Let stand, covered, for three minutes. Transfer to plate as shown (BASIC STEPS 10, Section). Serve with butter and jam.

Makes equivalent of 10-12 biscuits.

BISCUIT VARIATION (FRANKIE'S PERFECT BISCUITS)

In a bowl, mix biscuit dough per Dinner Biscuit instructions. Press dough onto a floured surface to a thickness of ½ inch. Do not overwork the dough. Cut biscuits with a 2" cutter or rim of upside down cup (or just shape individual biscuits with your hands). Place plastic bag into BakePacker, spreading it evenly, with top open. Arrange 6 or 7 biscuits in the bag (one layer). Fold down bag. Place BakePacker into pot, checking water level (1"). Cover pot and bring to a boil. Adjust heat to a *medium* boil. Boil/bake 12 minutes (don't peek). Remove from heat and let stand, covered, for 3 minutes. Remove biscuits and repeat procedure with remaining dough. Serve with butter, jam or honey.



BISCUIT VARIATION

DINNER MUFFIN

1½ C Biscuit mix (Bisquick) 4 tsp sugar
1 egg ½ C raisins (optional)
½ C Milk (if using powdered egg and powdered milk use ¾ C water)

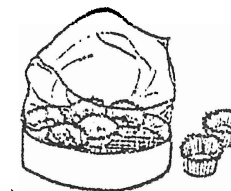
Add all ingredients to plastic bag. Mix thoroughly by squeezing bag. Place bag into BakePacker, spreading to cover as much of grid as possible. Loosely fold down top of plastic bag. Place BakePacker into pot. Check water level (1"). Cover pot. Bring to a boil and adjust heat to maintain a *medium* boil. Boil/bake for 15 minutes (don't peek). Remove from heat and let stand, covered, for 5 minutes. Transfer muffin as shown (basic steps; 10.). Cut into serving pieces. Serve with butter, jam. Serves 3-4.

Freshly picked huckleberries are delicious in this recipe. Just add berries and sugar to taste and boil/bake 18 minutes.

INDIVIDUAL MUFFINS

Muffin dough, being heavy, works nicely with paper bake cups.

In a bowl, mix muffin dough per Dinner Muffin recipe. Spread plastic bag evenly in BakePacker. Fill (7) paper bake cups ½ full and arrange in plastic bag (as shown). Fold down bag. Boil/Bake 15 minutes. Remove from heat. Let stand, covered, for three minutes. Remove muffins and repeat procedure with remaining dough. Serve with butter.



RAISIN, DATES & WALNUTS OATMEAL MUFFIN

1¼ C Biscuit mix
1 packet Quaker Raisin, Dates & Walnuts Instant Oatmeal (½ cup)
1 egg
½ C milk (if using powdered egg and powdered milk, use ¾ C water)
1 T sugar

Add all ingredients to plastic bag. Mix thoroughly by squeezing bag. Place bag into BakePacker, spreading to cover grid. Loosely fold down top of plastic bag. Place BakePacker into pot, checking water level (1"). Cover pot. Bring to a boil and adjust heat to a *medium* boil. Boil/bake for 15 minutes (don't peek). Remove from heat and let stand covered, 5 minutes. Transfer muffin as shown (Basic Steps: 10) Cut into serving pieces and serve with butter. Serves 3-4

"MUFFIN" MIXES

There are a variety of small (6 oz. to 9 oz.) muffin mixes available in your grocery store. They are inexpensive, tasty and perfect for BakePacker baking. The exception is any of the "BROWNIE" mixes. These contain a lot of shortening and do not bake well in BakePacker. Some brands to look for are: "Martha White," "Gold Medal" and "Jiffy". These mixes offer you a large selection of flavors. You can add the liquid and egg measurements stated on the mix package. Substituting powdered/scrambled egg mix and powdered milk (reconstituted) works equally well.

HALIBUT OR COD FILLETS WITH HOLLANDAISE

1 tsp. flour	2 T butter
1½ lb. halibut or cod fillets	3 lemon slices
Mix 1 pk. Hollandaise sauce with	Salt/pepper
1 C milk	
2 T chopped fresh parsley	

Add teaspoon flour to bag. Shake and coat. Arrange open bag over grid. Place fillets (one layer) into bag. Salt and pepper to taste. Dot with butter. Add hollandaise sauce. Top with parsley and lemon slices. Boil/bake 18 minutes.

GODFATHER CLAMS (OR SCALLOPS)

1½ lbs. clams, in shells (or scallops)	2 T fresh chopped parsley
2 cloves garlic, cut in half	4 slices fresh lemon
2 T olive oil	Salt/pepper
1 T white wine	1 T cornmeal
1 T butter (crumbled)	
1 T flour	

Immerse clams in a bowl of cold water. Add 1 tablespoon cornmeal and mix thoroughly. Allow to stand 30 minutes. Rinse completely in running water. Discard any clams that fail to close.

Add clams, 1 T flour and all other ingredients to bag. Mix lightly. Place in BakePacker. Close bag loosely as clams will expand as they open. Boil/bake 15 minutes (remember 1" water). Serve as an appetizer or pour entire contents over a bed of buttered linguine and sprinkle with Parmesan cheese. Note: After cooking, discard any unopened clams.

RICE SCAMPI

1 C instant rice (or 2 C cooked rice)	1 C water (omit if using cooked rice)
1 clove garlic (chopped)	2 T olive oil
2 T butter or margarine	2 T onion (chopped)
2 T white wine	4 Jumbo shrimp (diced)
salt & pepper — pinch of fresh parsley	
2 T Parmesan cheese	½ C sliced fresh mushrooms

Add all ingredients to bag. Mix. Place bag into BakePacker. Fold down top of bag. Place BakePacker into pot, checking water level (1 inch). Boil/bake 12-15 minutes. Serve directly from Pot/bag. Serves 4.

NOTE: Use your BakePacker at home for fish, seafood, omelets, rice and vegetables.

OMELETS AND EGGS

Everybody likes a golden, fluffy omelet but hardly anyone likes to prepare one because problems can occur. They burn easily, they fall apart; they don't get done in the center and clean-up can be difficult. The BakePacker makes an excellent omelet with a minimum of effort. It is desirable but not necessary to have the eggs at room temperature.

CRAB OMELET

6 eggs	½ cup diced yellow cheese
1 can crab (drained and washed)	Salt/pepper

Add all ingredients except crab to bag. Mix thoroughly. Add crab. Mix lightly. Boil/bake 11-12 minutes. Serves 3-4.

OMELETS AND EGGS CONTINUED

CHEESE AND MUSHROOM OMELET

6 eggs	½ C diced yellow cheese
1 small can or 1 C sliced mushrooms	Salt/pepper
	Optional: Pepperoni

Add all ingredients to bag. Mix thoroughly. Boil/bake 11-12 minutes. Serves 3-4.

HASHED BROWN OMELET

4 eggs	1 C hashed browns
1 C diced yellow cheese	Salt/pepper
¼ C chopped onion	2 T chopped green pepper
	Optional: Top with crisp, crumbled bacon

Add all ingredients to bag. Mix thoroughly. Boil/bake 18 minutes. Serves 3-4.

POWDERED EGG OMELETS —

Many varieties of omelets can be prepared using powdered egg mix in the BakePacker. Prepackage at home and use the same plastic bag for cooking at your campsite. Only add enough water to reconstitute egg per powdered egg mix directions. This is all the water you need.

Add at campsite preferred combinations of canned and drained; vegetables, mushrooms, crab, shrimp or meat. Onions, cheese or meats like dried salami and pepperoni also are delicious optional ingredients. A 6 egg equivalent omelet will boil/bake in 12-15 minutes.

VEGETABLES

Vegetables prepared in the BakePacker insert will not be soggy or washed-out. All the natural juices, nutrients, flavor and firmness are retained. Notice none of the recipes requires water. Vegetables simply taste better when prepared with BakePacker.

CORN

3 cups frozen or canned cut corn
3 T butter, salt, pepper
Add ingredients to bag. Boil/Bake 12 minutes (frozen), 8 minutes canned).

PEAS

3 cups frozen or canned peas
1 green onion, chopped fine
3 T butter, ¼ tsp. sugar, salt, pepper
Add all ingredients to bag. Boil/Bake 12 minutes (frozen), 8 minutes (canned).

MUSHROOMS (FRENCH).

3-4 cups sliced mushrooms
¼ tsp. garlic powder or 1 clove garlic, crushed
1 green onion, chopped
2 tablespoons olive oil or butter
1 T chopped parsley
Salt/pepper

Add ingredients to bag. Mix. Boil/Bake 12 minutes. Serve topped with plain or seasoned bread crumbs.

BLUEBERRY MUFFIN ("Martha White" brand)

1 package Martha White brand muffin mix
½ C milk OR ½ C water and 2 T powdered milk

Check water level in your pot, (1 inch). Add ingredients to plastic bag. Mix by squeezing bag. Place bag of batter into BakePacker, spreading to cover as much of grid as possible. Loosely fold down top of bag. Cover pot and boil/bake for 18-20 minutes (don't peek). Let stand a minute, covered. Transfer baked muffin to plate as shown (Basic Steps, No. 10). Slice and serve with butter or jam. Serves 2-3.

APPLE COBBLER

1 ¼ C Biscuit mix (Bisquick)	¼ tsp. cinnamon
1 T powdered milk	1 pkg freeze dried apple pieces (reconstituted)
½ C sugar	¼ C chopped pecans or walnuts
½ C water	

Add biscuit mix, powdered milk, egg, sugar and water to plastic bag. Mix thoroughly. Place bag into BakePacker and spread mixture to cover grid. Spread apple on top of biscuit mixture in the bag. Sprinkle top with nuts and cinnamon. Loosely fold down top of plastic bag. Place BakePacker into pot checking water level (1"). cover pot and boil/bake 20-minutes. Maintain a *medium* boil. Remove from heat and let stand, covered, for 3 minutes. Serve hot with a slice of cheese. Serves 4.

This recipe is excellent substituting the apple with any retort pouch fruit or freeze dried fruit. Varieties of canned fruit (drained) such as pears, peaches and berries work equally well.

APPLE COFFEE CAKE

1 egg	½ C sugar
2 T powdered milk	½ tsp cinnamon
½ C raisins or chopped nuts	¾ C water
1 C biscuit mix	1 T butter
1 medium apple (chopped)	

Add all ingredients to plastic bag. Mix by squeezing bag. Place bag into BakePacker, spreading to cover grid. Fold down top of bag. Place BakePacker into pot (1" water). Cover. Boil/bake (don't peek) for 25 minutes. Remove from heat and let stand, covered for 3 minutes. Transfer as shown (BASIC STEPS: 10. section). Slice and serve. Serves 4

BAKEPACKER® DUTCH TREAT

Using a "just add water" type pancake mix as in our Dutch Baby Pancake recipe, try this simple and delicious dessert.

Measurements for BP Standard Size:

2 C pancake mix	1 C Water
1 Heaping T powdered sugar	¾ C Chocolate chips
(or ½ C marshmallows)	½ C Peanut butter (creamy)

Measure all ingredients except peanut butter into bag. Mix thoroughly by squeezing bag (batter will be lumpy). Place bag onto BakePacker spreading to cover as much of the grid as possible. Loosely fold down top of bag. Place BakePacker into pot, checking water level (1"). Cover pot and bring to a boil. Adjust heat to medium boil. Boil/bake 23 minutes. Remove from heat and let stand, covered for about 3 minutes. Transfer to plate as shown (BASIC STEPS: 10). Let cool for a bit. Now "frost" with the peanut butter. Serve immediately. Serves 6

CORNBREAD

Most cornbread mixes contain 3 Cups dry mix. We like "Krusteaz" brand for its honey sweetness. It is a perfect size for BakePacker Standard 7".

1 package cornbread mix (3-Cup-size)

1 egg
¾ C milk

Add all ingredients to plastic bag. Mix thoroughly in bag by squeezing gently. Place bag into BakePacker, spreading to cover grid. Loosely fold down top of bag. Place BakePacker into pot. Check water level (1"). Cover and boil/bake for 30 minutes (don't peek). Adjust heat for a *medium* boil. Remove from heat. Let stand, covered, for 5 minutes. Transfer cornbread to plate as shown (BASIC STEPS 10). Slice and serve with butter. Serves 4-5.

GINGERBREAD

There are several "Gingerbread" dry mixes available on store shelves. We like Betty Crocker's "Classic" Gingerbread mix for its richness and moistness. This is a 14.5 oz. size mix (3 Cups).

1 package gingerbread mix (3 Cups)

1 egg
¾ C water
2 tsp. powdered sugar

Add all ingredients except powdered sugar to plastic bag. Mix thoroughly by squeezing bag. Place bag into BakePacker, spreading to cover grid. Loosely fold down top of bag. Place BakePacker into pot. Check water level (1"). Cover pot and bring to a boil. Adjust heat to maintain a *medium* boil. Boil/bake 30 minutes (don't peek). Remove from heat and let stand, covered, for 5 minutes. Transfer to plate as shown (BASIC STEPS: 10.). Sprinkle with powdered sugar. Slice and serve. Serves 6.

DUTCH BABY PANCAKE

The majority of people who try this claim the Dutch Baby is better than a regular griddle cake. It is delicate and light as a feather.

2 C Pancake mix
1 C water

Add all ingredients to plastic bag. Mix thoroughly by squeezing bag (batter will be lumpy). Place bag into BakePacker, spreading to cover grid. Loosely fold down top of plastic bag. Place BakePacker into pot, checking water level (1"). Cover pot and bring to a boil. Adjust heat to a *medium* boil. Boil/bake for 20 minutes (don't peek). Remove from heat and let stand, covered for 5 minutes. Transfer to plate as shown (BASIC STEPS: 10). Slice thick and serve with butter, syrup, honey or jam. Makes equivalent of 10-12 pancakes.

BASIC BANNOCK (MOUNTAIN BREAD)

Montana Hard Red wheat is the best for bread baking. This is a basic heavy bread with a hearty, homemade flavor.

1½ C flour	1 T vegetable oil
1½ tsp. baking powder	¾ C cold water
¼ tsp salt	
½ tsp. sugar	

Add all ingredients to plastic bag. Mix/knead thoroughly inside bag. Place bag into BakePacker, spreading to cover grid. Fold down top of bag. Place BakePacker into pot and cover pot. Check water level (1"). Boil/bake 20-22 minutes. Remove from heat. Remove from bag. If desired, brown over open flame 2-3 minutes or slice and toast. Serve with butter, honey or jam. Serves 3-4.